What Is Claimed Is:

1. A method of assembling a cable routing system comprising the steps of:

providing first and second spaced-apart U-shaped end members;

providing a telescoping U-shaped trough with first and second slideable trough sections positioned between the first and second end members;

connecting the first and second trough sections to the respective first and second end members, wherein the first and second trough sections remain freely slideable upon disconnecting at least one of the first and second trough sections from the respective first and second end members.

2. A method of assembling a cable routing system comprising the steps of:

providing first and second spaced-apart end members;

providing a telescoping cable trough with first and second slideable trough sections positioned between the first and second end members;

selectively connecting the first trough section to either one of the first and second end members, and connecting the second trough section to the other of the first and second end members;

wherein the first and second trough sections remain freely slideable upon disconnecting at least one of the first and second trough sections from the respective first and second end members.

3. The method of claim 2, wherein the step of selectively connecting the first and second trough sections to the first and second ends members includes connecting the first trough section to the first end member.

4. The method of claim 2, wherein the step of selectively connecting the first and second trough sections to the first and second ends members includes connecting the first trough section to the second end member.

5. The method of claim 2, wherein the step of providing a telescoping cable trough includes providing a telescoping cable trough with first and second slideable trough sections having substantially the same coupling profile for selectively coupling one of the first and second trough sections to either of the first and second end members.

6. The method of claim 2, further including sliding the trough sections relative to one another to fit between the first and second end members.

7. The method of claim 6, further including engaging flanges of the second trough section with slots formed in the first trough section and sliding the trough sections relative to one another.

8. The method of claim 6, further including sliding the trough sections relative to one another until a slot and tab connection of the telescoping cable trough stops further sliding movement.

9. The method of claim 2, further including varying an overall length of the telescoping cable trough during assembly by:

a) retracting the telescoping cable trough to position the cable trough between the first and second end members; and

b) expanding the telescoping cable trough to connect the first and second sections to the first and second end members.

10. A method of assembling a telescoping cable trough, comprising the steps of:

providing a first trough section including a first terminal end and a first opposite receiving end;

providing a second trough section including a second terminal end and a second opposite receiving end;

slideably engaging the first and second receiving ends of the first and second trough sections; and

slideably engaging outward-extending flanges positioned on the second trough section with slots formed in the first trough section.

11. The method of claim 10, wherein the step of slideably engaging the outward-extending flanges includes engaging first and second outwardly-extending flanges that extend away from each other in opposite directions with the slots formed in the first trough section.

12. The method of claim 10, further including slideably engaging perpendicularly extending ridges of the outward-extending flanges with the slots formed in the first trough section.

13. The method of claim 10, wherein the step of engaging the first and second receiving ends of the first and second trough sections includes engaging the first receiving end of the first trough section within a tapered section of the second receiving end of the second trough section.

14. A method of assembling a telescoping cable trough, comprising the steps of:

providing a first trough section including a first terminal end and a first opposite receiving end;

providing a second trough section including a second terminal end and a second opposite receiving end;

slideably engaging the first and second receiving ends of the first and second trough sections; and

connecting a tab and longitudinal slot connection between the first and second trough sections for preventing separation of the first and second trough sections.

15. The method of claim 14, further including slideably engaging flanges of the second trough section with slots of the first trough section.

16. The method of claim 15, wherein the step of slideably engaging flanges of the second trough section with slots of the first trough section includes engaging first and second outwardly-extending flanges with the slots of the first trough section.

17. The method of claim 14, further including sliding the trough sections relative to one another to fit between members of a cable routing system.

18. The method of claim 17, further including engaging flanges of the second trough section with slots formed in the first trough section and sliding the trough sections relative to one another.

19. The method of claim 17, further including sliding the trough sections relative to one another until the slot and tab connection stops further sliding movement.